

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 23

Note: the Office for the Aging and OFA Friendship Centers are closed for Memorial Day on Monday, May 30th. Clients of OFA's Home Delivered Meals program will receive meals in advance of the holiday.

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

TUESDAY AFTERNOON AND WEDNESDAY PICNIC VOLUNTEERS WANTED

We're eagerly looking forward to another OFA Summer Picnic season – our 30th! For 2022 we're returning to picnic season's traditional sit-down format, with enhancements to keep picnic participants physically safe.

The extra preparation will require volunteer help on Tuesday afternoons,

between 12 noon and 4 p.m., at the OFA central kitchen in Poughkeepsie, packaging each picnic's side dishes for the next day's picnic. Prospective volunteers who are available to help on Wednesdays at the picnics are also welcome, as are clerical volunteers to help assemble goodie bags for picnic attendees.

Whether you're available for only one picnic or all twelve, please join us. If you can help the picnic effort in any way, contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or 845-486-2544.

We also welcome younger volunteers looking to fulfill their community service requirements. A signed parental waiver is required for volunteers under age 18.

HOT-WEATHER ASSISTANCE COOLING REMINDER

This past weekend's brief but intense heat may have left older adults in Dutchess County looking for more ways to stay cool. Older adults are more prone to heat stress for several reasons, according to the Centers for Disease Control:

They don't adjust as well as younger people to sudden temperature changes;

They're more likely to take prescription medicines that affect the body's ability

to control its temperature;

They're more likely to have medical conditions worsened by heat.

Before another heat wave comes, we want to pass along a reminder that New York's Home Energy Assistance Program (HEAP) includes a cooling component that helps low-income older adults cool their homes in the summer. You can apply for cooling assistance to buy and install an air conditioner or a fan for your home. A qualifying household is allowed one or the other, and the price cannot be more than \$800 with installation. Like HEAP funding, cooling assistance funds are limited and are distributed on a first-come-first-served basis, and you must be a U.S. citizen or a qualified alien to apply.

Qualifying criteria vary based on income thresholds and other factors. For instance, a family of four may have a maximum gross monthly income of \$5,249 or an annual gross income of \$62,983.

This year, a key change to HEAP is aimed at making it available to more older adults. Prior to 2022, the cooling component was only available to income-eligible households with an individual suffering from a documented medical condition worsened by extreme heat. This requirement has been dropped from this year's application process.

For more information on HEAP cooling assistance and its requirements, call 845-486-2553 or email zserrano@dutchessny.gov.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email:

ofa@dutchessny.gov website: www.dutchessny.gov/aging

VOLUNTEER CHAIR YOGA LEADER WANTED IN BEACON

OFA's Beacon Friendship Center at 1 Forrestal Heights is searching for a volunteer exercise leader to continue the current exercise leader's work with older adults from the Beacon area. Current classes feature chair yoga with guided meditation.

Prospective volunteers with availability one day a week during weekday middays can contact OFA at 845-486-2555 or ofa@dutchessny.gov.

Interested in what else is available for potential OFA volunteers? A printable volunteering form is available at dutchessny.gov/aging.

STILL TIME TO SIGN UP FOR THE (Wed 5/25) CAREGIVER CONFERENCE

The Office for the Aging is participating in the 16th annual Caregiver Conference on Wednesday, May 25th at the Grandview, 176 Rinaldi Blvd. in Poughkeepsie.

This year's theme is "Caregiving: How to Stay on Track." The event begins at 8:30 a.m. and continues until 2 p.m. The event is free but reservations, proof of vaccination and masks are required; space is limited. It'll be an outdoor event under a tent, so dress accordingly. To make a reservation, [click here](#) or call the Alzheimer's Association at **800-272-3900**.

There will be plenty of time for your questions and concerns, and dozens of experts and vendors will be on hand with answers and solutions. The conference is organized by the Office for the Aging, the Alzheimer's Association Hudson Valley Chapter; Lutheran Care; Parkinson's Disease Support Group of the Mid Hudson Valley; Hudson Valley Hospice; and community member Cathy Regan.

TURTLE CROSSING TIPS

14 species of turtles are native to New York, with most of them having habitats in Dutchess County. May and June are the months where you're likely to see them

trying to cross our roads as they migrate to nesting areas. Far as a migrating turtle is concerned, there's no difference between a narrow dirt road in Clinton Corners on a sleepy evening and Route 9 during rush hour.

The state Department of Environmental Conservation (DEC) reports that all of New York's native turtle species are in decline, but we can help improve turtles' odds of successfully migrating – and thus successfully aging, just like us. Turtles do have much longer lifespans than most of the animal kingdom, after all.

- If you see a turtle on the road, slow down to avoid hitting it.
- Only if it's safe for you to pull over and stop should you think about moving the turtle.
- If it's a snapping turtle, you may want to let the turtle continue crossing on its own. Snapping turtles have that name for reasons that can become painfully clear to those who are unfamiliar with their behavior.

As for smaller and less temperamental turtles, DEC offers additional tips:

Turtles should always be moved in the direction they're heading, in the shortest straight-line distance that gets them to the opposite side of the road. If you're able to pick up the turtle, use both hands, grasping them on the sides of the shell behind the front legs.

Being airborne is not a natural state of being for most turtles, and they may void their bladder when carried. That's one key reason to carry the turtle low to the ground to minimize dropping issues. If you happen to carry a flat-blade shovel in your vehicle, put the turtle on the blade and carry it that way. Additionally, you can slide a turtle to safety on a floor mat or sturdy slab of cardboard.

Other aging news:

Over-55 Americans are returning to the labor force – but [whether they wanted to](#) is a different question.

(video) Even a former FBI director [can be targeted by scammers](#).

Symptoms of “long COVID” are often [mistaken for something else](#) in older adults.

A three year study of improvements in nutrition and exercise for older adults showed [reduced frailty](#).

[The early-bird special \(depending on what's in it\)](#) may be better for older adults than late-night eating.

Drag racing legend Don Garlits turned 90 in January and is still chasing his goal of [getting an electric-powered dragster up to 200 mph](#).

This week in birthdays:

5/22: Lyricist [Bernie Taupin](#) (72)

5/23: Mets manager (and former Yankees manager) [Buck Showalter](#) (66)

5/24: Singer/songwriter Bob Dylan (81)

...who has [started a new career as a sculptor](#)!

5/25: Actor/activist/wizard [Ian McKellen](#) (83)

5/26: Singer-songwriter [Stevie Nicks](#) (Fleetwood Mac) (74)

5/27: Singer-songwriter [Neil Finn](#) (64)

5/28: Singer-songwriter [Gladys Knight](#) (78)

And our always-usually-maybe enjoyable Bad Joke:

Granddad: I just saw a wolf!

Grandma: Where?

Granddad: No, the regular kind.